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Vol 49 | Issue #1

Jan 15– Feb 28, 2023

The Arizona **BEEHIVE** Magazine

Serving Arizona Members of the Church of Jesus Christ of Latter-day Saints



Russell M. Nelson, President of The Church of Jesus Christ of Latter-Day Saints

I Can Do All Things!

Philippians 4:13

ON THE COVER

President Russell M. Nelson

Photo courtesy of The Church of Jesus Christ
of Latter-day Saints

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Like Coals of Fire TOGETHER

Two 19th Century Women's Words More Accessible Than Ever



Elizabeth Ann Whitney,
Emmeline B. Wells, and
Eliza R. Snow, circa 1876.

Photograph by Charles R. Savage,
circa 1876. Courtesy of the Church
History Library, The Church of Jesus
Christ of Latter-day Saints

By Emily Jex Boyle

“Remember the worth of souls is great in the sight of God,” the Lord revealed to the prophet Joseph Smith Jr., Oliver Cowdrey and David Whitmer in 1829. From one perspective, this counsel encourages sharing. From another, it encourages perceiving, training our eyes to see the life, lessons, tragedies and triumphs of another. An account of the Savior’s visit to the Americas in the Book of Mormon describes a moment when He examined the people’s records and found them lacking the account of Samuel the Lamanite. Acting as divine editor to the record, the Lord asked, “How be it that ye have not written this thing?” He also asked them, “Was it not so?”

Late last year, the Church His-

torian’s Press announced the complete online publication of two significant collections: *The Discourses of Eliza R. Snow* and *The Diaries of Emmeline B. Wells*. Each is considered an important record of a key period in the history of the Church and the broader American nation. Both are valuable resources for anyone interested in women’s leadership, American religious history, Utah history, the woman’s suffrage movement, and the growth of The Church of Jesus Christ of Latter-day Saints. Both are now available on the Church His-

torian’s Press website, along with historical introductions, chronology entries, photographs, contextual information and more.

Snow’s and Wells’ teachings, experiences, and wisdom remain relevant today, and these projects have made those sources easily accessible to all. *The Joseph Smith Papers* was the first publication of the Church Historian’s Press, an imprint of the Church History Department. Now, it offers these published collections easily accessible to all from these women who left compelling records of their teachings and service — Snow in the form of

Continued on pg. 5

WHAT'S THE BUZZ?

"I can do all things through Christ which strengthens me." ~ Philippians 4:13

An interesting thing happened at a recent Sacrament meeting in my ward... One of our speakers called in sick the morning of. Lost their voice, could not speak! A nightmare for any Bishopric to scramble to fill time vacated by a missing member of the ward minutes before the meeting.

Fortunately, Bishoprics are guided by inspiration and revelation. The answer was to inform the members of the Ward Council 45 minutes before the start of Sacrament meeting that the Bishop would be calling on some of them to deliver a thought and a testimony. In the same style as the pioneers of old were called from the pulpit to settle parts of the southwest, our Bishop announced four Ward Council members to speak.

Fortunately, still, those with leadership callings also benefit from inspiration and revelation. A "funny" thing happened during that meeting: Each talk resonated. All were amazingly poignant and on point. And short! We greatly enjoyed the Spirit that each speaker brought. All with 45 minutes of prep time. We as a Bishopric wondered why we bother giving speakers the amount of time we do for them to prepare! Perhaps we are onto something here?

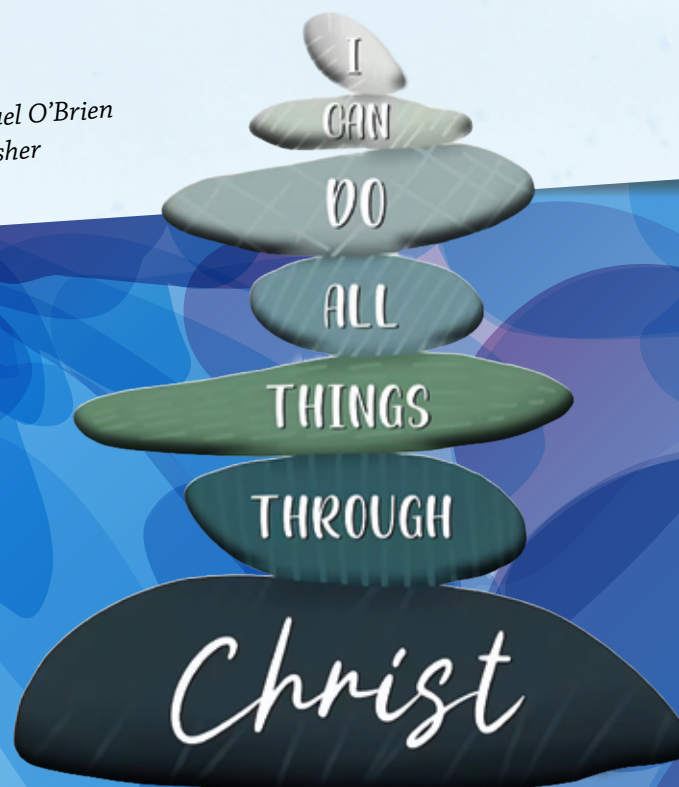
A survey has been conducted many times over the years: What are your greatest fears? Public speaking usually ranks more fearful than death. I was one of those folks; give me death over delivering a speech! I learned to overcome that fear by speaking in Sacrament meeting, teaching in church, leading quorums and committees. What is the common denominator to these two situations? The strength given to our impromptu speakers, and to me, through Christ.

The scripture found above and on our cover this issue is the Church's 2023 Youth Theme. While living in a world in commotion, our youth will be reminded all year that they have strength to endure it all because of their faith in, and belief of Christ. This applies to each of us as well, by virtue of the discipleship afforded us as members of the Church. And for that I am grateful!



As I am grateful for each of you, who read and provide feedback about each issue of The Arizona Beehive Magazine. Here is to a marvelous 2023 where we all are strengthened in all that we set out to do, through Christ. Thank you for reading...

Michael O'Brien
Publisher



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Emmeline B. Wells, Eliza R. Snow
Continued from pg. 2

discourses, and Wells in the form of diaries.

A minute book holds a record of a discourse by Eliza R. Snow in 1868 at a Relief Society meeting in Salt Lake City. It says, “Snow said she wished to say a few words to those Sisters who felt backward to speak. The Enemy is always pleased when we do not overcome our feelings of timidity and keep our tongues from speaking words of encouragement and determination, for thereby we become strengthened...we gain confidence.”

In 1872 at another such meeting, Snow spoke, “If we have each a little of the right spirit and come together it is like putting coals of fire together. When they are separate, they cannot burn and soon go out, but when they are put together soon burst out in a blaze.”

An editorial written in 1874 by Latter-day Saint leader and women’s rights activist, Emmeline B. Wells, in *The Woman’s Exponent*, a publication of the Church of Jesus Christ of Latter-Day Saints, wrote, “I believe in women, especially thinking women.”

In 1881, Wells wrote, “The historians of the past have been neglectful of woman, and it is the exception if she be mentioned at all; yet the future will deal more generously with womankind, and the historian of the present age will find it very embarrassing to ignore woman in the records of the nineteenth century.”

On May 20, 1893, Wells wrote from the Chicago World’s Fair,

“This morning I presided over one of the General Congress in the Hall of Columbus--an honor never before accorded to a Mormon woman--if one of our brethren had such a distinguished honor conferred upon them it would have been heralded the country over and thought a great achievement.”

In 1895, at the annual National-American Woman’s Suffrage in Atlanta, Georgia, Susan B. Anthony stood following a report by Wells, the Utah delegate. Anthony towered over Wells as she



Emmeline B. Wells writing, circa 1890s.

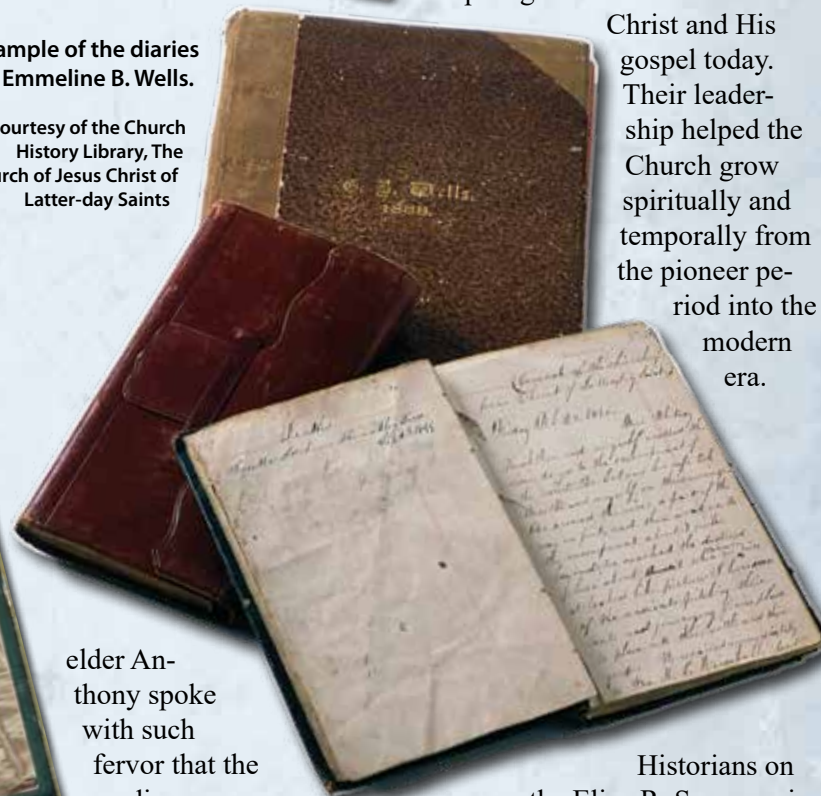
Courtesy of the Church History Library, The Church of Jesus Christ of Latter-day Saints

eral presidents of the Relief Society of The Church of Jesus Christ of Latter-day Saints during the Church’s first century. Snow was the second Relief Society general president (1880–1887), and Wells was the fifth (1910–1921). Snow was twenty-four years older than Wells. Each built and led the Church in significant ways, articulated its doctrine, and influenced culture and society. Their words inspired their Latter-day Saint contemporaries and continue to provide inspiring testimonies of Jesus

Christ and His gospel today. Their leadership helped the Church grow spiritually and temporally from the pioneer period into the modern era.

Sample of the diaries of Emmeline B. Wells.

Courtesy of the Church History Library, The Church of Jesus Christ of Latter-day Saints



elder Anthony spoke with such fervor that the audience was visibly moved by this spontaneous display of affection.” To this

day, Anthony’s home and museum displays a black dress she wore often, made from Utah silk gifted to her on her 80th birthday in gratitude for helping regain their right to vote.

Snow and Wells served as gen-

Historians on the Eliza R. Snow project combed through hundreds of sources, such as handwritten minute books and nineteenth-century newspapers, to find and compile Snow’s words. Between 1840 and 1887, Snow gave nearly twelve hundred discourses in western Illinois and throughout Utah and Idaho territories.

Continued on pg. 7



Emmeline B. Wells, 14 January 1879.
Courtesy of the Church History Library, The Church of Jesus Christ of Latter-day Saints

put her arm around her. “Enthusiastically endorsing the work of her Utah colleague,” Carol Cornwall Madsen writes, “the



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Emmeline B. Wells, Eliza R. Snow
Continued from pg. 5

The collection displays a map identifying the geographic location of each discourse.

The project—an electronic collection of every known Snow discourse and a print volume of selected discourses—was conceived by Jennifer Reeder and Matthew McBride, who were members of the Church History Department web team. As the project progressed, what the team thought of calling the final publication evolved from the term sermons to discourses because the team saw that Snow was, “more than a preacher—that her public speaking was not limited to religious subjects. She was also a cultural and political leader, and her willingness to acknowledge God’s hand in all things allowed her to understand and address the connection between temporal and spiritual matters through her discourses.”

For three years, Church History Department staff and volunteers worked to read around 480,000 pages of Spencerian cursive in more than fifteen hundred Sunday School, Relief Society, Young Women, Young Men, Primary and general minute books. They also read fifteen years’ worth of *Woman’s Exponent* issues and many journals, newspapers and more. They verified all transcripts at least twice.

Work on the Emmeline B. Wells diaries project began twenty years ago with historians and editors Cherry Bushman Silver and Sheree Maxwell Bench at Brigham Young University. As part of a women’s history initiative instituted by Jill Mulvay Derr and Carol Cornwall Madsen, the Wells project involved forty-seven diaries housed at L. Tom Perry Special Collections, Harold B. Lee Library, BYU. Silver and Bench

started transcribing and annotating thousands of diary entries in the forty-seven volumes Wells recorded between 1844 and 1920 (primarily after 1874). In 2017, the Church History Department arranged to support completion and publication of the diaries.

These herculean efforts to get Eliza and Emmeline’s words correct and published are now a blessing to all those who will read and listen to what these hidden figures had to say. Snow’s imagery in 1872 of bright coals standing together, stands with the Lord’s counsel to remember the worth of souls. Each one holds the potential to shine bright. Records preserved from the lives of Eliza R. Snow and Emmeline B. Wells shed

inspiring, timeless light to the world.

For more information, visit ChurchHistoriansPress.org/Eliza-R-Snow and ChurchHistoriansPress.org/Emmeline-B-Wells.

Minute book page sample.

Courtesy of the Church History Library, The Church of Jesus Christ of Latter-day Saints



Eliza R. Snow
in Cairo, Egypt,
1873.

Studio portrait
by H. Délié and E.
Béchar, au jardin de
l'Ezbekieh in Cairo,
Egypt, 11 February
1873. Courtesy of the
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The Discourses of **ELIZA R. SNOW** And The Diaries of **EMMELINE B. WELLS**

Release Date: October 27, 2022

Publisher: The Church Historian’s Press, an imprint of the Church History Department of The Church of Jesus Christ of Latter-day Saints

Quick Facts

The Discourses of Eliza R. Snow

- Eliza Roxcy Snow born January 21, 1804, at Becket, Massachusetts; died December 5, 1887, at Salt Lake City, Utah
- Relief Society general president: July 17, 1880–December 5, 1887
- 1,276 discourses from 1840 to 1887

The Diaries of Emmeline B. Wells

- Emmeline Blanche Woodward born February 29, 1828, at Petersham, Massachusetts; died April 25, 1921, at Salt Lake City, Utah
- Relief Society general president: October 6, 1910–April 2, 1921
- 47 diary volumes spanning 1844 to 1920, with a gap in extant diaries from 1846 to 1874



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a new leaf

An Important Message About Your Community

I am writing you with an important message from a young mother that lives in your community, and is facing a heart-breaking crisis. My name is Michael Hughes and I am CEO of a local nonprofit in the Valley called A New Leaf, we operate shelters across the Valley to help those facing homelessness.

Jessica and her daughter Emma are homeless. You probably don't consider families that often when you think about who experiences homelessness. But the truth is, their story is more common in your local Arizona community than ever before.

Living in her car, Jessica parks in alleyways overnight to get sleep. With a small child, she constantly worries someone will find out about her dire situation.

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Jessica had been experiencing serious domestic violence at the hands of her husband for years. She decided to leave when she started fearing for her daughter's safety.

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Even working two full time jobs and asking family for help wasn't enough. Out of options, Jessica and Emma became homeless. But you have the power to give this family safety and shelter when they need it most.



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Families facing homelessness in your community has more than doubled. Many shelters are full, forcing families like Jessica and Emma to suffer in secret as they wait for help. Without people like you stepping up to help, families in crisis simply won't be able to find the shelter, food, and support they need.

Jessica and Emma are counting on you to get the shelter and support they need. Your kindness today will change their lives forever. Think of what a difference you can make for this small family.

If you make a donation, please know that every gift of support will help a family like Jessica's recover from homelessness.

Michael Hughes, CEO

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Spreading Light & Kindness!

Celebrating the 2022 Giving Machines & the Light The World campaign!

Missionaries posed beside the giant #Light The World sign, placed temporarily for the ribbon-cutting celebration of the East Valley Giving Machines in Gilbert.

#Light The World

All photos by Robin Finlinson



Clockwise from bottom left:



Fran and Steve Lowder (center), the Arizona Giving Machines Directors, are flanked by football greats Todd Heap (left) and Ty Detmer (right).

Elder Michael Dunn of the North America Southwest Area Presidency and his wife Linda Dunn decide on what to purchase for their donation.

Elder John Lewis (at the podium), Elder Michael Dunn of the North America Southwest Area Presidency, and Karl Cheney of the Church's Mission Department addressed the audience of dignitaries and other guests at the East Valley Giving Machines ribbon-cutting celebration.

An East Valley Giving Machine gets uncovered, after which patrons could begin making donations of needed items. Left to right: Divine Birume; Digne Birume; Dr. Grace Faraja Nkundabantu, Founder & CEO of African Girls Hope Foundation; Chandler City Councilmember Christine Ellis (in red); and Special Olympics Arizona athlete Ruthy Hodges.



The day before the ribbon-cutting celebration in the East Valley, missionaries loaded the Giving Machines with cards that represented donation items requested by the participating nonprofits.

Elder John Lewis, currently the Area Seventy over the Gilbert Area and formerly the mayor of that town, welcomed guests of multiple faiths to the ribbon-cutting celebration of the East Valley Giving Machines.

Sister missionaries helped train the Elders on how to use and maintain the Giving Machines. Missionaries were among the numerous volunteers ready to assist patrons during the weeks the machines were in operation. They also placed cards representing donated items back into their slots when the catch trays at the bottom of the machines filled up.





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Where Can I Turn For Peace?

LDS Widows & Widowers of Arizona

By Barbie VonCott

Widows and widowers in need of a Christ centered support group and wanting to make new friends with those who are on the same journey may find such in the LDS Widows & Widowers of Arizona group.

LDS Widows & Widowers of Arizona is an on-line Facebook group of 839 members. Members of the group may receive solace, and are encouraged to reach out and fellowship those who are hurting.

Planned monthly activities such as firesides, Temple trips, and pot luck game nights are part of the program. A yearly conference is held in the fall.

Many of the members of the group shared their feelings with The Arizona Beehive Magazine. Some of their comments were:

- "It makes me feel like I'm not alone and that I'm normal."
- "I share something in common with these friends."

- "They understand what I'm going through."
- "There's no stress and no pressure."
- "It's comforting."
- "It gives me a place to go and something to do, so I don't sit home."
- "I've made new friends and had new experiences."

Continued on pg. 21



LDS Widows & Widowers of Arizona group enjoying time together.



Images courtesy of the LDS Widows & Widowers of Arizona group

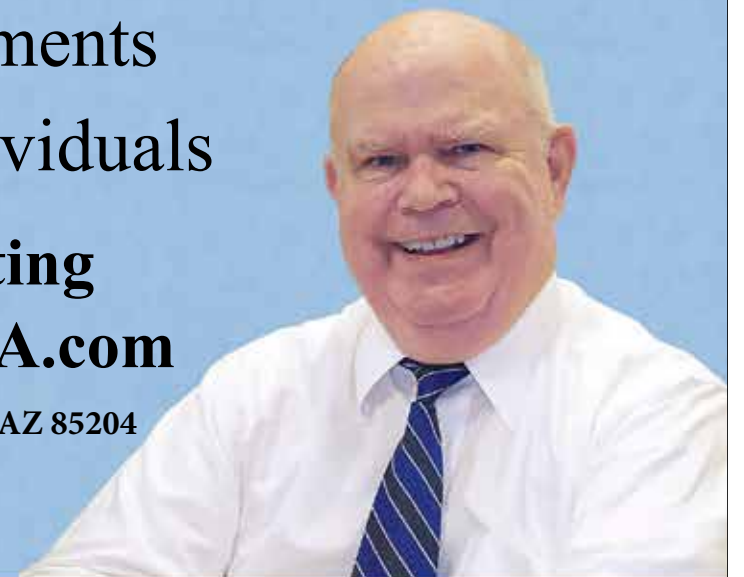
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I just toured Abrazo funeral home and was so impressed. It is such a beautiful, peaceful place. The space is warm and inviting as well as the staff. Rebecca Payne



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CULTURAL DISCOVERY

Bringing Members of the Community Together

By Robin Finlinson

“Okay, what did I just stumble upon?” That’s one of the reactions of people who spent half an hour or so with consultants at the Chandler East Stake’s “family history genius bar” and connected into numerous generations of their ancestors and branches of their family trees.

It was part of an extraordinary “Cultural Discovery Day” that brought together approximately 700 people, about a quarter of whom are not members of The Church of Jesus Christ of Latter-day Saints. Mayors Brigitte Peterson of Gilbert and Kevin Hartke of Chandler stopped by in support.



Marcela and Brian Farje of the Greenfield 1st Ward represented Peru.

The gymnasium, a.k.a. the cultural hall of the stake center, became a visually-delightful hot spot for connecting people in fun, impactful ways.

Just below the ceiling, myriad rows of bunting made with flags of countless countries spanned the length and breadth of the gym.

Tables along the periphery had been transformed into booths celebrating the unique culture of 30 different nations.



Diana Kasai is a 16-year-old, first-generation American, whose Japanese parents are long-time dear friends of a family in the Greenfield 4th Ward. Diana and her family are currently learning about the Church through discussions with missionaries. She even attends Seminary to learn more. She is bilingual, proud of her heritage, and visits her grandparents in Japan every summer.



Dancers representing Mexico were among the numerous friends invited to participate in or attend the event.



Koki Wong of the Lindsay 2nd Ward represented Hawaii, the only state of the USA to be spotlighted at one of the 30 cultural booths.

some objects that visitors would expect to see. But she was particularly pleased to share something her grandfather had written. It was a poignant love letter he composed to her grandmother after 40 years of marriage. It also expressed his profound faith in God. Rania spoke to relatives while preparing for her booth and discovered that more letters exist!

Each country has beautiful things. But vastly more precious are its people, the relationships between them, and their relationships with the Almighty.

Stories passed between generations, such as those of Rania’s family, endear

Continued on pg. 21



The Brinson family of the Greenfield 3rd Ward represented Bolivia. Left to right: Charlotte, Jon, Emily, Natalie and Kaleb.



Barima Kwarteng of the Greenfield 2nd Ward represented Ghana.



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Be a Good Beginner

By Allison Beckert

While on a mission for any length of time, it's expected you will experience new things, build new skills, and encounter new ways of life. So much of mission service is being a beginner and doing it with the supporting grace of God. No one comes into a mission prepared for everything, and you will absolutely be challenged. Since there's no predictor of what you will have to navigate, all you can do is prepare to be a beginner at a lot of things. Being a beginner is beautiful.

Humility will carry missionaries a long way. This Christlike attribute has innumerable facets, and in terms of learning humility is essential. Understand you do not and cannot know everything. Have confidence in moderation, and if you don't know what something is or how it works, ask humbly for help from those who

know better than you. Part of being humble is knowing your viewpoint is not going to translate perfectly to a new culture. If something seems strange, but only apparently is bothering you, seek out someone who is comfortable and ask for clarification. You may get odd looks, but with a humble explanation and desire to understand you'll come out well.



Photo by Edar from Pixabay

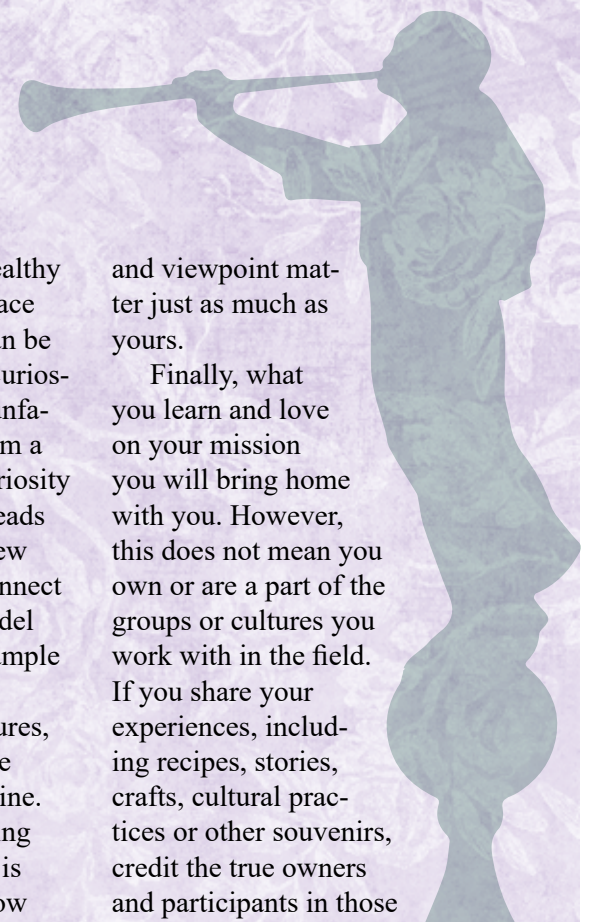
Airplane pin on map.

Be curious, but not nosy. A healthy curiosity about the people and place you serve is not just helpful, it can be endearing as well as enriching. Curiosity recognizes inherent value in unfamiliar things. It doesn't come from a place of fear or judgment. It's curiosity on the part of investigators that leads to good questions, openness to new concepts, and a willingness to connect in a community of members. Model this and it will be a lesson by example for investigators.

Show respect for people, cultures, gifts, concerns, and authority. The gospel is not a replacement doctrine. Conversion is not about conquering a prior belief. To serve your area is not to impose the culture you know into the lives of those you teach. Love and respect go hand in hand. To show respect, believe others to be intelligent, mature, and independent. Their opinion

and viewpoint matter just as much as yours.

Finally, what you learn and love on your mission you will bring home with you. However, this does not mean you own or are a part of the groups or cultures you work with in the field. If you share your experiences, including recipes, stories, crafts, cultural practices or other souvenirs, credit the true owners and participants in those groups. If you love the people you serve, recognizing these things are theirs first is a core practice of respect and honor.



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Emotional Rescue

Grieving Children & Families Find Healing at New Song Center

By Lin Sue Flood

When Melissa Alvarado's oldest daughter, Gloria, died in May, she quickly realized her family needed professional support and to be around others who could fully grasp their pain.

At New Song Center for Grieving Children, they discovered support groups and meaningful activities to help them find healing. Melissa, her husband and their two younger kids were among 150 people at New Song's recent bereavement event at Steele Indian School Park in Phoenix. "I like being here because these are the only other people who know how

we feel," she said. "And the support groups validate our emotions and feelings."

New Song is Arizona's first and largest child and family grief support program. All of the services are provided at no cost. Since combining bereavement programs with Hospice of the Valley in 2009, New Song has served thousands of families, providing:

- Support groups for grieving children, teens, young adults and adult caregivers.
- Support groups for grandparents, parents and siblings who are grieving the death of a child.



Image courtesy of Hospice of the Valley

Callie Carpenter (left), Julie Lazzara and Mark D'Aprile attended New Song Center's bereavement event at the park in honor of 4-year-old Landon D'Aprile.

- A family support group for Spanish-speaking families.
- Pediatric support and counseling for families caring for a child who is medically fragile or has a life-limiting illness.
- Day camps for siblings of children living with complex medical needs.
- Fun trips to family-friendly places like Butterfly Wonderland or the movies.

"Our mission is to provide comprehensive grief education and support to help families heal after a traumatic loss," said Lisa Schmitt Betcher, executive director of the nonprofit program. "We recognize that children express

Continued on pg. 22



Image courtesy of Hospice of the Valley

Jada Williams and her dad, Ezra, joined other families to remember and celebrate their loved ones.



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Image courtesy of Hospice of the Valley

Throughout the year, families like Janet Crawford and daughter Jemma enjoy New Song activities, such as visiting Butterfly Wonderland in Scottsdale.

RETURNING & TURNING HEARTS

One Year Following the Mesa Temple Rededication

By Emily Jex Boyle

The heart of Mesa, a renovated temple with beautiful grounds, has welcomed visitors to its gardens and corridors for over a year since its rededication. As if awakened from a deep sleep, the Easter pageant and Christmas lights returned, bringing crowds including curious children too young to remember either.

Among the thousands who participated in last year's open house, one

family's story gracefully exemplifies the heart of the temple itself. As the event drew to a close, the Barry family attended the very last tour. Asked to share their thoughts from the experience, they agreed. As they exited the temple, the father, Armondo Barry, described the moment while in the bride's room with his daughter, Alahna. It was a special moment in his words, "because on her wedding day," he



Photo: Courtesy of Emily Boyle

Among the thousands who participated in last year's open house, one notable family's story gracefully exemplifies the heart of the temple itself. As the event drew to a close, the Barry family attended the very last tour. Asked to share their thoughts from the experience, they agreed. This photo was taken at the end of the last tour.



Photo: Courtesy of Robin Finlinson

The Barry family at the Mesa Temple in 2022. Alahna, Erika, Addyline, Joseph, Noah, and Alexzandra.

emotionally explained, "I won't be able to be with her."

Soon, the family wrote about the tour, including Armondo who wrote:

[W]e went back to the bride's room..., my daughter sat down in one of the chairs and looked into the mirror. I stood behind her for those 30 seconds of eternity. As I looked at her...the Holy Ghost spoke to my soul and testified of

Continued on pg. 25



Photo: Courtesy of Erika Barry

(DC temple pic 2022) Before Armondo passed away, the family planned to attend the Washington DC temple open house. Growing up this was his nearest temple. The family still went and while there, were able to feel that he was there with them.

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Cookin' With Gas "IN THE KITCHEN WITH MATT" YouTube Channel

By Allison Beckert

What are your goals for the new year? One that can be especially daunting is learning to cook. Talent in the kitchen lights up family gatherings and enriches your life, but while talent is good, taking the time to develop and practice new skills will eclipse raw talent every time. So how do you start? One way is by following in the footsteps of someone who's already blazed the trail into the unknown and is happy to help others learn. Matt Taylor is doing just that on YouTube with his In the Kitchen with Matt channel.

Brother Taylor is an entrepreneur that has built his business sharing recipes online for everything from mains and sides to decadent desserts and classic treats, to product reviews and taste testing. His YouTube channel has a clean, accessible, and friendly feel. Some highlights of his roster are his cinnamon roll recipe and homemade mozzarella cheese.

Brother Taylor serves in his Mesa ward and has been a resident of Arizona since 2006. He has a background in business and video production, and in 2013 he made a start on his channel. As with any project, things can go up and down and he's got some goals to grow on in the next few years. With the freedom he's gained from this business, he interacts and shares knowledge with people locally and abroad. He's active in the comments of his viewers, offering clarification and assistance where needed.

In the Kitchen with Matt is ideal for someone interested in a particular recipe who wants clear instruction in a simple and direct way. If you have a project you want to do, or someone you want to make a special treat for, search the channel's videos and Matt's website for a straightforward recipe. Viewers interested in learning some basics about cooking and food will also find useful tips and tricks. The ingredients Matt



Matt Taylor

uses are easy to find, largely inexpensive, and just take a little know-how to make delicious.

When setting out to learn a new skill in the kitchen, have patience with yourself and get a good teacher, like Matt. Follow what sparks your interest, whether it's making a special dinner for someone you love or baking up a treat for yourself to enjoy.

View Matt's videos free on YouTube on his channel, In the Kitchen with Matt (<https://www.youtube.com/@inthekitchenwithmatt>), and re-view his recipes on his website (<https://www.inthekitchenwithmatt.com/>). New videos and recipes are shared two to three times a week, and Matt can be found on most social media platforms under the handle @inthekitchenwithmatt. Subscribe to the YouTube channel for updates and notifications when new videos are posted.

All photos by Matt Taylor



Homemade Twix-style candy bars



Crème Brûlée



Angel Food Cake



Come Follow Me

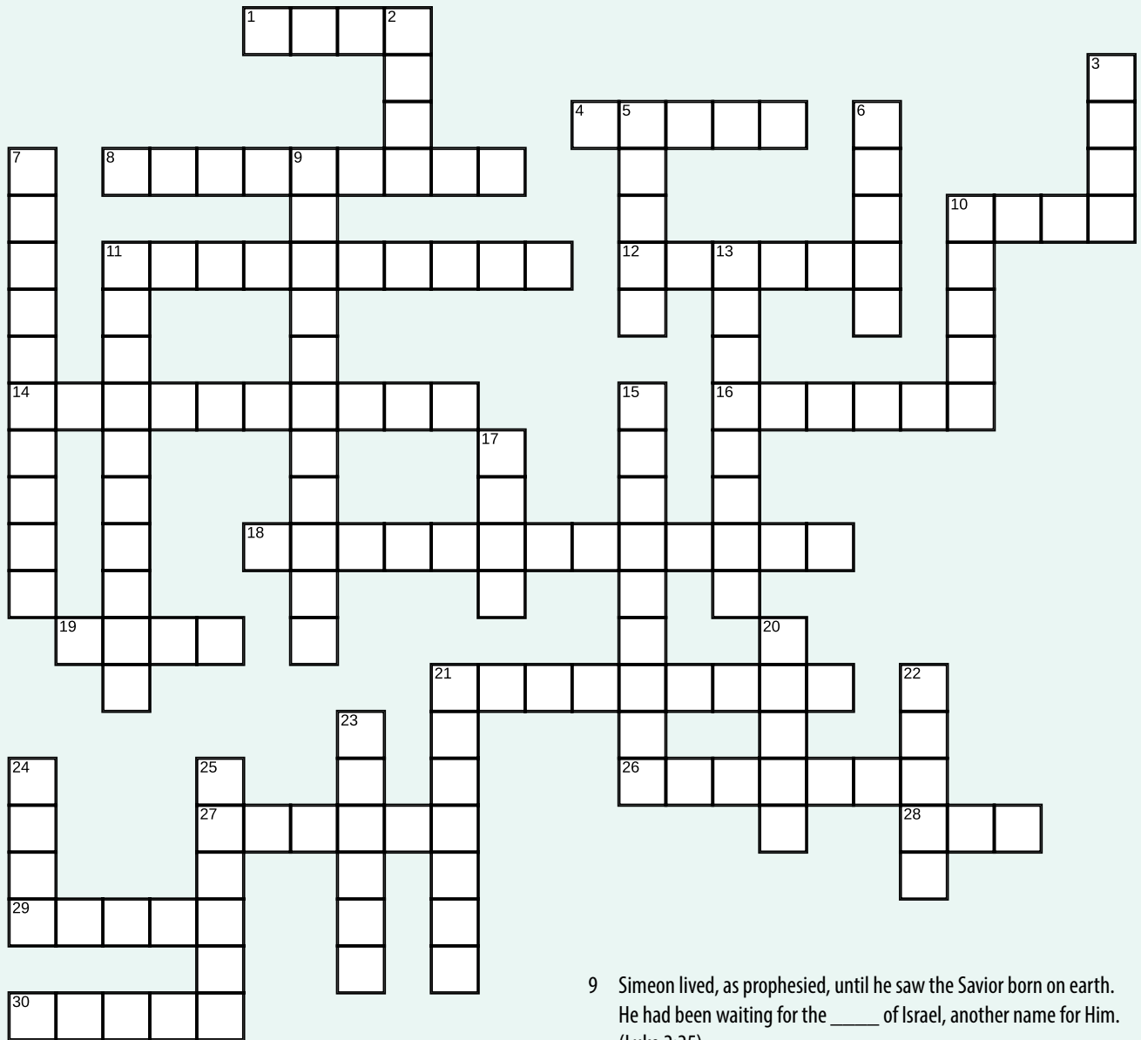
God With Us Crossword Puzzle

By Robin Finlinson

This crossword puzzle supports the readings in the manual titled *Come Follow Me—For Individuals and Families* scheduled for January and February, 2023, comprising the first few chapters of Matthew - John in The Bible. Find the answers by looking up the scripture references!

ACROSS

- 1 Offended by what Jesus told them, people of Nazareth attempted to throw Jesus downa _____. (Luke 4:29)
- 4 This king tried to trick the wise men into helping him find the young Jesus so he could kill Him. (Matt. 2:7-8)
- 8 Jesus went about healing, teaching and _____, which can be described as proclaiming or announcing. (Matt. 4:23)
- 10 John the Baptist was to prepare the people to receive the Lord, in part by turning the disobedient to the wisdom of the _____. (Luke 1:17)
- 11 Before being in good standing with the Lord, one must make amends and be _____ to his or her brother. (Matt. 5:24)
- 12 Number of men from among Jesus' multitude of disciples that He specifically chose and called "apostles." (Luke 6:13)
- 14 Word describing Zacharias after he initially doubted, rather than believed, the message of an angel. (Luke 1:20-22)
- 16 Knowing that John the Baptist was in prison, Jesus sent _____ to minister to him. (Joseph Smith Translation of Matt. 4:11-12)
- 18 "Blessed are they which are persecuted for _____ sake: for theirs is the kingdom of heaven." (Matt. 5:10)
- 19 The Savior taught that instead of seeking revenge upon those who hate, curse, despitefully use and persecute, His disciples should love, bless, pray for and do _____ to them. (Matt. 5:44)
- 21 Prophecies about the Messiah are _____. (Matt. 2:15, 23)
- 26 Name of the angel sent from the presence of God to deliver glad tidings to both Zacharias and Mary. The Bible Dictionary mentions that he is the same angel sent to help Daniel. See that source to discover another fascinating fact about him! (Luke 1:18-19, 26-27)
- 27 The Lord gives His servants specific tasks to accomplish in His "vineyard" or kingdom. They do not compete with one another. They assist one another—staying within the stewardship they have been assigned by the Lord, and testifying of Him as the only one able to save mankind. John the Baptist told the Pharisees of his own specific mission, as foretold by the Lord's servant Isaiah. Isaiah's name is referred to in its Greek form: _____. (John 1:23)



- 28 Number of pots filled with water that Jesus turned into wine, marking His first of numerous known miracles. (John 2:6)
- 29 Jesus taught the vital importance of laying foundational knowledge of Him—the everlasting rock—rather than having no foundation and building merely upon the _____. (Luke 6:49)
- 30 Jesus taught, "He that hath two _____, let him impart to him that hath none..." (Luke 3:11)

DOWN

- 2 Before the Lord chose him as an apostle, Matthew was a publican or tax collector and known by this name. (Luke 5:27. See also Matt. 9:9; Mark 2:14)
- 3 Speaking to a woman at Jacob's well, Jesus told her that He was the Messiah of whom it was prophesied would come, and referred to Himself as the _____ of God. (John 4:10)
- 5 Mary recognized that the Lord exalts and fills with goodness the humble who hunger after righteousness, but that those who hunger only for riches are sent away _____. (Luke 1:52-53)
- 6 Philip testified that he and others had found the Messiah, of whom the prophet _____ had written centuries earlier. (John 1:45)
- 7 With God, nothing is _____. (Luke 1:37)

- 9 Simeon lived, as prophesied, until he saw the Savior born on earth. He had been waiting for the _____ of Israel, another name for Him. (Luke 2:25)
- 10 Among Jesus' apostles, two had the name Simon, two had the name Judas, and two had this name. (Luke 6:13-16)
- 11 Anna told numerous people who were looking for _____ about Christ. (Luke 2:38)
- 13 This name of the Savior means "God with us." (Matt. 1:23)
- 15 Christ was prophesied to be this to the world, another word for the dawn or first light. (Luke 1:78)
- 17 Sheep, doves and _____ were being sold in the temple. (John 2:14)
- 20 "For where your treasure is, there will your _____ be also." (Matt. 6:21)
- 21 Jesus taught that people should not accuse anyone in this manner. (Luke 3:14)
- 22 Jesus healed a man with _____ while teaching that He also has the power to forgive sins. (Luke 5:24)
- 23 Jesus often compared Himself to a bridegroom because He made such a strong commitment to and covenant with the people of Israel. Both Jesus - also known as Jehovah - and Israel chose anciently and choose today to be faithful to each other. John the Baptist compared himself to the _____ of the Bridegroom. (John 3:29)
- 24 Blessed is the person whose _____ is cast out as evil for being on the Lord's side. (Luke 6:22)
- 25 Name Jesus gave to Simon Peter that means "a stone." The Joseph Smith Translation says it also means "a seer." (John 1:42)

The Miracle of Wink

Betsy Love, an apropos name for a romance writer, lives in Arizona. Her latest book is the fanciful and fun sweet romance, *The Miracle of Wink*.

Love says, “Wink is an elf who’s made a few mistakes in his life. As punishment, Mrs. Claus turns him into a homely human. He has to leave North Pole Kingdom to find a boyfriend for Serena, who is as shallow as she is boy-crazy. She wants tall, dark and handsome, and a great kisser. Wink is none of those things, except one.”

Hmmm, I wonder which one?

Love says, “Wink shows up in my first

Christmas romance novel, *The Miracle of Joie*. He does some terrible things to sabotage Joie’s mission. I kept thinking, ‘How could I redeem Wink’s character?’ You’ll love how he morphs into a real ranch hand, and possibly the best suitable match for Serena if he wasn’t so unattractive. *The Miracle of Wink*

has elements of magic, mingled with a huge miracle, and the discovery of renewed faith.

“While this book is geared for readers of romance, both new adults and anyone who loves a swoon-worthy story, this clean, sweet romance appeals to many audiences,” says Love.

Love’s favorite line in the book is,

“Wink’s heart banged against his ribs as he caressed her lips with his, softly at first, then deeper, not wanting to release the moment, like the taste of blue raspberry cotton candy melting in his mouth, leaving behind nothing but sweetness and a longing for more.”

“I wrote the book in about two months. I had so much fun writing this story. I giggled through it and bawled like a baby at the happily ever after,” Love says.

Love also shared, “Since retiring, I get to do the thing I’m the most passionate about:



Beehive BOOK REVIEW

By Cindy R. Williams

Writing! However, if I had a horse, I might never write again. No, who

am I kidding, I love writing! It’s right up there with my love for my Savior.”

When asked, “Why do you write?” Love answered, “So the people living in my head will leave me alone.”

Find *The Miracle of Wink* on Amazon.com. Sign up for Love’s newsletter at betsylove.com.



Photo by Wendy Stapley
Author, Betsy Love.

LDS Widows & Widowers of AZ Continued from pg. 12

- “It has opened doors to valuable friendships.”
- “I felt like I had no one to talk to, but this group has been my saving grace.”
- “They have helped me understand my grief.”
- “They are such a great support to me.”
- “This group has been such a blessing to me.”
- “I was lost and my old friends abandoned me, so now I have new friends”
- “I have no family in the area, so these people have become my lifeline.”
- “It is a great support group.”

One comment stood out among all: “I have found the best ministering within our group.”

Those in need grief support and friendship after losing a spouse may consider joining the group search Facebook for LDS Widows & Widowers of Arizona. Or visit <https://www.facebook.com/groups/169118736271>

Cultural Discovery Continued from pg. 14

children to their ancestors and endow them with strength. A child’s knowledge of what his or her parents and grandparents have overcome strikes a blow to the formidability of life’s challenges.

One presenter said he was surprised by how much he felt his heart turn to his ancestors after the event. “It made me want to do more temple work,” said Barima Kwarteng. He’s from Tema, Ghana, near the temple in Accra on the African coast. The fête was a potent reminder that some of his ancestors are still waiting for their saving ordinances to be completed by living posterity.

Activities at the event abounded. Teens and children received a “passport,” in which to acquire a stamp from countries visited. There were interactive photo booths and map activities. An 11”x17” fan chart depicting seven generations of one’s ancestry and a stylized, frameable family tree could be printed out. Stage performances entertained attendees, including a spirited Māori haka and dances from various cultures.

This will become an annual gathering for the stake and hopefully grow to include more and more members of the community!

ANNOUNCING: The New Arizona Beehive Magazine Booklist— Call-out for Arizona Author Books Published in 2022.

By Cindy R Williams

To qualify for The Arizona Beehive Magazine 2022 Booklist, the following criteria must be met:

- DEADLINE: April 1, 2023
- Submissions emailed to: CRWilliamsBeehive@gmail.com
- Only books published in 2022 are eligible
- Title
- Author Name
- Genre
- Publisher Name (Authors may be traditionally or indie published.)
- A short book blurb of one to three sentences
- Where the book may be purchased
- Author contact info, including email, phone, and author address, for proof of Arizona residency
- No extreme violence, erotica, satanic or subversive books, or trolls allowed



The Arizona Beehive Magazine is accepting submissions for a list of new books written and published in 2022 by Arizona Authors.

The Arizona Beehive Magazine 2022 Booklist has two purposes. First; to give our readers a book list to enjoy throughout the year, and second; to facilitate Arizona Authors in spreading the word about their books.

Books will be vetted and chosen by representatives of The Arizona Beehive Magazine. The list will be limited to space available in the printed version of the Arizona Beehive Magazine.

The list will also be included on The Arizona Beehive Magazine’s website.

The deadline for the Arizona Beehive Magazine 2022 Booklist is April 1, 2023.

What's Cooking?

By The Arizona Beehive Magazine

ITALIAN GARDEN HARVEST MINESTRONE

What defines a minestrone? A big, thick vegetable soup with a large array of seasonal vegetables, herbs, pasta and beans, served with shavings of Parmesan cheese. And what defines an Italian Garden Harvest Minestrone? The same. It is a simple dish, but very wholesome. In Italian, la cucina povera means the poor kitchen, and equals peasant cooking using the available products of the land. The flavor of your minestrone will vary from season to season, depending on the vegetables available from your garden, farmers' market or grocery. Perfect for a cold, winter's day!

INGREDIENTS

- ½ lb. dried white cannellini beans, picked over and rinsed
- (substitute 2 cans, rinsed and drained)
- ½ tsp. salt
- ½ chopped pancetta or lean bacon, or Italian sausage
- ⅓ cup olive oil, plus more to cook meat
- 1 red or white onion, medium dice
- 3 carrots, medium dice
- 2 celery sticks, medium dice
- 2 fennel, thinly sliced
- 3 garlic cloves, finely chopped
- Pinch of red pepper flakes, crushed
- 2 zucchini, medium dice (other options: broccoli, cauliflower,
- bell pepper, summer squash)
- ½ lb. potatoes, peeled, medium dice (other options: turnips or parsnips)
- ½ lb. Italian kale, stems discarded, and the leaves chopped (about 6 cups)
- 4½ cup low sodium chicken broth (option: Italian white wine)
- 1 – 28 oz. can San Marzano tomatoes, coarsely chopped with juice
- 2 bay leaves
- ½ tsp. dried oregano
- Sea salt and freshly ground pepper
- Pasta, cooked according to package instructions (orzo, macaroni, penne, etc.)
- GARNISH: Olive oil, 2 T fresh parsley, chopped, 2 T fresh basil, chopped, and grated Parmesan

PREP TIME 30 minutes (if using dried beans, soak overnight) **cook time:** 1 hour 10 minutes. **Total time:** 1 hour 40 minutes



INSTRUCTIONS

STEP 1: In a large bowl, let the white beans soak overnight in enough water to cover them by 2 inches. Drain and rinse. Place the beans in a saucepan and cover by 2 inches with water or broth and simmer, uncovered, adding more liquid if necessary to keep them covered, for 45 minutes to 1 hour, or until they are tender. Add the salt and simmer for 10 minutes more. Remove pan from the heat and let the white beans stand, uncovered.

STEP 2: While beans are cooking, in a heavy pot, drizzle about 2-3 T olive oil, and cook the pancetta, bacon or sausage over moderate heat, stirring until done. Remove to a plate and let drain. Add the remaining oil and heat before adding the onion and cook until softened. Add the carrots, celery, fennel, garlic, and crushed red pepper flakes and cook, stirring, for 5 minutes. Add the zucchini and the potatoes. Cook this mixture, stirring, for about 5 more minutes. Add the kale and cook, stirring, until the kale is wilted. Lastly, add the broth, tomatoes, bay leaves and oregano and simmer the soup, covered, for 45 minutes longer.

STEP 3: Drain the white beans, reserving the liquid. Stir the beans and pasta into the soup and simmer uncovered, for 5-10 minutes, thinning if desired with some of the remaining reserved liquid, and season it with salt and pepper, if needed.

SERVE: Remove the bay leaves. Ladle soup into individual bowls. Drizzle with extra-virgin olive oil, freshly grated Parmesan cheese and a little of the chopped parsley and basil.

NOTE: Soup can be made 3 days in advance. Keep covered and chilled. Reheat soup when ready to serve. Thin with water if needed.

New Song Center Continued from pg. 17

grief quite differently than adults, more likely through behavior than words.”

Within age-specific grief support groups, New Song creates a safe space for youngsters to enjoy art, play, journaling and other forms of expression. Adults attend their own support groups to learn how to help children process grief in a healthy way — and to learn how to help themselves cope with loss.

At the park gathering, the McMullins wore matching gray shirts with the name “William” printed in big, bold letters and three words below it: “brave, strong, superhero.” Lauren and Chris McMullin were referred to New Song after their 7-year-old died in April. The couple also have an 11-year-old, Owen, and a 4-year-old, Arthur.

Erica Schwartz, a New Song pediatric bereavement and family support counselor, sees the oldest boy one-on-one. “I feel incredibly lucky that I get to do that,” she said, standing near a table covered with “bugs” — a blanket and a hug.

“Owen looks forward to her visit every time,” Lauren said.

After bonding over special arts and crafts, all the families formed a large circle. One by one, they shared the names of their loved ones — Gloria, William, Isaiah, Landon ... and many more. Then five white doves were released one at a time — symbolizing grief, courage, memories, love and hope.

As all remaining doves were set free, New Song Clinical Director Jill Lovill reminded the families that everyone’s journey is unique. “As individuals, we grieve; as a community, we heal. May we each find our paths towards healing in the days ahead.”

Lin Sue Flood is director of Community engagement at Hospice of the Valley.

Become a New Song Volunteer!

What a rewarding way to make a difference in the lives of families in our community. We invite you to join our dedicated team of trained volunteers who help lead grief support groups in central and north Phoenix, Scottsdale, Gilbert and Avondale. Volunteer training is in January at Hospice of the Valley, 1510 E. Flower St., Phoenix. Dates are:

- 8 a.m.-4:30 pm Sat, Jan. 21
- 5:30-9 pm Tues, Jan. 24
- 5:30-9 pm Thurs, Jan. 26

Visit hov.org/volunteer/new-song to apply or call (480) 951-8985 or email info@newsongcenter.org for more information. Visit newsongcenter.org to learn more about the program.

PAPAGO WARD MEMBERS SHARE FAMILY HISTORIES AT NATIVE AMERICAN HERITAGE EVENT

By Tony Gutiérrez

Photos courtesy of the author

While visiting a family from the then newly formed Papago Ward, famed Arizona missionary Henry Clay Rogers learned the family's infant had died.

"Why did you not come sooner? The child would have lived if you had administered to it," the mother cried, reminiscent of Martha, the sister of Lazarus.

Rogers still ministered to the baby and promised he would work in the Temple for the dead. John Baptisto did live, and would go on to be in charge of the work on behalf of Native Americans in the Arizona Temple.

"My grandparents are John and Luciana Baptisto. They were members of Papago Ward. They didn't speak English, but they were truly thankful to the Gospel," recalled Patricia Rush during a presentation on Native American ancestry at the Mesa Temple Visitors' Center Oct. 30.

Rush noted that through that baby who had died, the family had extended to six generations, and she asked her relatives to stand.

"It was really great to be here to hear the genealogy of our ancestors here in the Valley," said one relative, Ray Deer, a member of the Harmony Ward in the Mesa Stake. "My grandpa, Jasper Baptisto, was born and raised in the Church. He passed it on to my mom, and my mom converted my father, so, we were born and raised in the Church, too."

The presentation coincided with Native American Heritage Month, recognized in November continuously since 1994. Members of the historic Papago Ward — the oldest continuous Native American congregation in the Church — took turns sharing stories of family history to a standing-room only mixed Anglo and Native audience.

Norman Wood shared how his great-grandfather, Encarnación Valenzuela, served as an interpreter for early Church missionaries. The missionaries didn't speak the Native tongue but did speak Spanish. Valenzuela, being half Mexican and half Tohono O'odham, was able to communicate with the Akimel Au-Authm — or Pima — people.

"Many people have asked, 'How come you have a Papago Ward up there on the Pima reservation?'" said Wood. "When he was working as



a missionary, the people out there called him the 'Papago.' So, they said, 'Well, we'll just name it in his honor because of all the work that he did.'"

One young adult speaker, Sullynn West, honored her still living grandmother, Patricia West during her part of the presentation.

Patricia had been a part of the Indian Placement Program as a young girl, which led to her being baptized. The program provided her educational opportunities, though she was separated from her family during that time and stayed with a foster family.

"She shared with me how difficult this change was in her life and how her having courage is something that helped her through those hardest times and has also shaped her into the amazing and generous woman that she is today," said West.

When she asked her grandmother how she sustained herself during difficult times, Patricia replied with "prayer."

"Because prayer will always be there when we are lost, sad, even happy. Even when we haven't done the best things or made the best decisions, prayer will always be there," she said.

Shannon Juncker, a member of the Settler's Meadow Ward in the Gilbert Greenfield Stake, wanted her five adopted children from the Mojave tribe to be able to connect to their Native roots.

"We really enjoyed and loved the opportunity to

come and learn more about the culture and let our kids hear testimonies from other tribal members and their ancestors and the history," she said, noting that her daughter loved seeing the pictures on display at the Visitors' Center highlighting Native history.

"I'm grateful for events like this where my children can see their rich Native American heritage being honored," she added in an e-mail to *The Beehive*.

Robin Harris, a member of the Temple Events Committee that coordinated the event, said it's important that people understand how difficult family history work can be for Native Americans.

"When you go back past maybe as far as 1830, and you can't get any further because of the way the government broke up families, put people into schools [and] not only criticized, but even sometimes abused children for using their own Native language," he said. "They have an oral history. The way they know their ancestors is by stories told to them by their parents who were told by their parents and on back."

Flora Shorten traveled with her sister and some missionaries from the San Carlos Branch in the Globe Stake, on the San Carlos Apache Reservation.

"We're very close to our kindred dead. When you're doing something good in the Church, and you feel them near you, you know you are being protected and watched for the right reason," she said. "When we have [a] gathering like this, you can feel their presence. We know they're with us."

Once Removed

Understanding Cousin Relationships

By Glen K. Tolman

While I was growing up my father was very involved in Family History. I learned a lot about my ancestors going back three and four generations. I learned their names and where they were from. I heard my father talk about second, third and fourth cousins and third cousins once removed. At that time, I did not quite understand these cousin relationships. One thing that I did understand was my cousins who were the children of my aunts and uncles. These are my first cousins. Cousins are people with whom we share a common ancestor at least one generation past our parents.

I have found a way to explain cousins that most can understand. I start with first cousins since most can

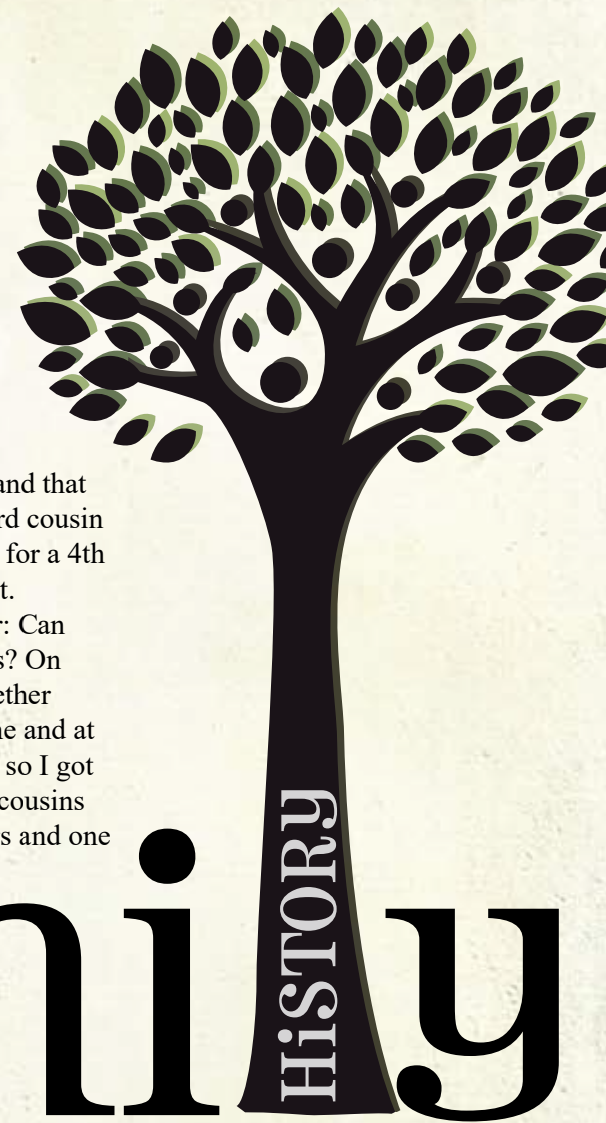
understand this relationship. I ask them to think of a first cousin. I then ask them "Who is the common ancestor for you and your cousin?" Some answer quickly and others puzzle for a minute but then come up with the answer "Our common ancestor is a grandparent." Having the understanding that our common ancestor for a first cousin is a grandparent, the next steps are much easier.

The next question: "If the common ancestor for our first cousin is a grandparent, who is the common ancestor for our second cousin?" The person inevitably comes up with a great grandparent.

This easily extends to understand that the common ancestor for a third cousin is a 2nd great grandparent and for a 4th cousin, a 3rd great grandparent.

Here is a thought to ponder: Can you name all your first cousins? On my mother's side, we met together often at my grandparents' home and at their cabin in a nearby canyon so I got to know all eleven of my first cousins from my mother's two brothers and one

Family



JUXTA POSITION

Juxtaposition is a hybrid anthology with original stories and poetry from up and coming authors, including two Arizona Beehive Magazine writers! These authors are a part of The Word Rites Literary Society. The goal of the Society is to bring the voices of people previously unheard out into the world.

Within these pages readers will find a mix of fiction and the poetic, drama and humor. They'll be met with paranormal romance; poetry inspired by their own lives and a literary legend of the macabre poem; short stories that are close to home, yet have a distant feel to them; and novelettes that talk of mysteries and psychics; all one story at a time.

With a foreword by one of the



founding members of the Word Rites Society, Florence Black, this anthology will introduce readers to fresh new stories and give them a peek at the lives behind them. Coming soon on Amazon and wherever you get your ebooks!

sister, and could list their names.

My father was one of twelve children with eight living to maturity. I have twenty-four cousins on his side. I could not come up with the names of all these cousins. However, using the tools on FamilySearch and Ancestry I was able to remember all their names. I started by looking at the "Descendancy" view of FamilyTree, starting with my grandfather. This showed all my aunts and uncles, all of whom are deceased, and showed ten deceased cousins. I then went to the person view for my aunts and uncles. Family photos plus information on the 1940 and 1950 census filled in the gaps and helped me recall the names of all my first cousins.

We moved to Arizona in 1981 and

I am often asked if I am related to Jaren Tolman who was a teacher and principal in Mesa. I would say that we are cousins but I wasn't sure how close.

I recently checked FamilySearch and found our relationship. Jaren L. Tolman (1919-2015) and my father Glen H. Tolman (1912-2001) are first cousins as they have the same grandparents. These two have over 100 first cousins. Jaren's son Reed and I are second cousins as we share the same great grandparents. My relationship to Jaren is first cousin once removed. The FamilySearch feature on the "Person View" titled "View Relationship" shows this relationship.

Visit the following web link for cousin explanations: <https://www.familysearch.org/en/blog/cousin-chart>

I believe that many have used the fun option on the FamilyTree app "Relatives Around Me." This shows how you are related to living people who access the FamilyTree app and select this option at the same time as you. My wife and I are eight cousins twice removed. Our common ancestor is our 7th great-grandfather. Finding how we are related to others often proves to be interesting.



Photos taken from FamilySearch.org

Two of over 100 first Cousins: Glen H Tolman and Jaren L Tolman.

Helping Households

A New Leaf Volunteer: Shannon

By A New Leaf

Shannon has lived in the Valley for over 20 years. She attended local schools, worked as a pre-school teacher, and has gotten to know many families across the city. As she thought about serving a mission, Shannon started looking for opportunities in her local community.

"I heard about A New Leaf from another missionary that had served here, and after touring their MesaCAN location I just fell in love and decided to serve here."

Shannon now helps households facing financial crises, working to help them resolve their financial challenges without going homeless. This includes processing emergency utility assistance

applications to keep a household's electricity on, delivering food boxes to families in need, and more.

"It was amazing to pack a foodbox in the morning and then see it delivered to a family in the afternoon. To be able to see your impact directly, and know that every bit of your service is changing someone's life, I just love it."

While serving, Shannon has helped thousands of households and families get through hard times. Staff members at A New Leaf's MesaCAN regularly rely on Shannon to make sure that they are able to best help families in need of resources.

"I've loved every minute of serving. Getting to know everyone here

has been such a privilege, and I know I've made a huge difference here. Every little bit makes a difference when you volunteer, no matter how small the task.

Shannon believes that taking action to help those in need in your community is critical and has been a leader at A New Leaf. Her kindness, generosity, and spirit of serving has reached thousands of neighbors across Mesa. This has only reinforced Shannon's belief in service.

"If you are thinking of serving, do it. Right now. Find an organization like A New Leaf by looking on JustServe

for opportunities, because your community truly needs you. You'll find meaning and purpose as you serve."

To find out more about serving at A New Leaf, visit <https://www.turnanewleaf.org/get-involved/volunteer/>



Photo courtesy of A New Leaf
A New Leaf volunteer Shannon.

Returning to the Temple Continued from pg. 18

many truths to me about the love He has for each one [of] us...He allowed me to see into the future and visualize my daughter on her wedding day and the joy she will feel. I was reminded that the Lord takes care of, and loves the one as well as the ninety and nine.

I am so grateful for the opportunity to serve and to be instructed, uplifted and connected to the Lord and my posterity during the Mesa Temple Open House.

Just weeks after recording these thoughts and others, Armondo suffered a heart attack and died unexpectedly. Sadly prophetic, he will be missed at his children's future weddings, as well as their school field trips, football games, and anytime Ohio State, his home team, is playing.

As the Barry's look back, not only do they feel they've been blessed with the gift of humor in the face of tragedy but, they also acknowledge God's hand touching their lives. Armondo's wife Erika explains, "Before

the open house, [Armondo and I] had the impression that we needed to start preparing for a mission. We didn't know why. We felt we needed to prepare to go serve."

Alexzandra Barry missed much of the open house due to work. One day she asked her dad why he felt so strongly about their family volunteering at the temple. Alexzandra remembers, "[Dad's] response was 'I want you to go, so you can grow.' He was right. I get it now. It was for me. Every time I've been to the temple, I've felt the Spirit. I always can just go, to feel. It was important to [my dad], now it's important to me."

The Barry's feel their dad is serving a mission. He's helping them find success with doing family history as their family and friends are connecting families more than ever. Alahna Barry faithfully attends the temple and feels close to her dad and ancestors. As the heart of Mesa returns to full activity in the community, the temple reminds all of the eternal natures of families.

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TurnaNewLeaf.org/Careers

Self Reliance

Self Esteem Skills for Seniors - Part II

By Nancy Rasmussen

*For the power is in them wherein
they are agents unto themselves.*

~ D&C 58:28

Tips for an Active Lifestyle

The share of Arizona's population age 65 and older increased from 13.9 percent in 2010 to 18.3 percent in 2021. According to Pew Research the percentage of Church of Jesus Christ of Latter-day Saints members 65 years of age and older was 17 percent in 2021.

Those in this age group face various challenges. Current events and personal limitations may cause overwhelming self-esteem trials. The following are tips to maintaining a self-esteem-boosting active lifestyle given these circumstances.

Avoid Negative Stereotypes That Can Impact Self-Esteem

- The media is filled with negative stereotypes surrounding old age. Daytime television is filled with advertisements about new medical drugs, life alert bracelets, and other health afflictions. The internet is a black hole of age-related dis-

eases and physical challenges. Even the news can drive up your anxiety. It's enough to put anyone into a state of depression.

- Instead of surrounding yourself with the negative, make it a point to seek out the positive. Reading about all the things that can happen to you puts you on the alert and can manifest anxiety and feed low self-esteem. Stop comparing yourself to a page on the internet or even other elderly adults. Realize that aging isn't a bad thing, it's just where you are at the moment.
- Focus on things you can do that bring you happiness. As you leave negative stereotypes behind, you'll find yourself making real progress maintaining and developing your self-esteem.

Eat Healthy and Stay Active

- When you do things that are good for you, you almost always feel better because of it. Eating



good foods and exercising give you a feeling of control and independence.

- Regular physical exercise will help keep you strong, boosting your confidence. Take a balance class, practice tai chi, or take daily walks. Exercise works to boost your physical and mental health. Movement releases endorphins that are essential to feeling good.
- The fuel you put into your body can also make a difference in your confidence and self-esteem. Search for articles with advice about healthy eating for senior citizens.

Practice Independence Whenever Possible

- One of the hardest hits seniors take to their self-esteem is coming to terms with no longer being able to do things for themselves or to take part in activities they once enjoyed. Needing help with certain day-to-day tasks doesn't have to be tied to your self-worth. If anything, getting help with these tasks could free you up to explore other interests you may not have had time for.
- People of all ages struggle with lower self-esteem. There are good days and bad days scattered throughout adulthood, but when we enter old age stereotypes tell us that it's time to slow down. However, aging doesn't mean you're doomed to a steady state of decline. It is entirely possible to live a healthy, independent life as we age.
- Take care of yourself, renew your love of the scriptures and find peace. Discover new hobbies and activities, and get out into the world. The more time you spend on self-care and doing things that boost your confidence, the better you'll feel about yourself.

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JUSTSERVE

Consider the Lily

Safehouses For Abused Young Women Change Lives

By Hillary Fevrier

Families come in all shapes and sizes. As stated in *The Family: A Proclamation to the World*, “The family is central to the creator’s plan.” In Manila, Philippines, a group of young women and girls are coming together as a family to stand against abuse, exploitation and trafficking. Consider the Lily is a non-profit organization that brings young women from challenging situations into homes where they live, eat, play, and learn together, safe from harm. The Consider the Lily family prepares them for life as well-adjusted, educated and faithful women.

Consider the Lily was started over a decade ago by Josie Long. The daughter of American missionaries, Long moved to the Philippines when she was 4 years old and has lived there since. As an adult, Long came to realize the seriousness of the situation in the Philippines. After traveling to the USA for cosmetology school, she returned to the Philippines with a completely different perspective. Long started a Bible



Photo courtesy of Consider the Lily

Consider the Lily is changing lives of abused young women.

study group and saw the effects of the abuse on the women attending the group. She knew she had to do something. Working together with Brian and Kim Hommel, Consider the Lily was created and has served the community for nearly twelve years.

Currently, 72 women live in two safehouses. A third safehouse is being planned. 10 women have graduated college and are leading successful lives

on their own. 16 are currently attending undergrad while 2 more are pursuing their masters degrees. One graduate earned her degree in counseling and has gone full circle, coming back to work at Consider the Lily.

Consider the Lily is successful because of three important characteristics: First, prosecution is non-negotiable. This sends the important message that abuse is not an acceptable part of a society or a family. Second, young women who join the family agree to pursue an education. In the Philippines, a degree is required even for jobs like grocery store clerks or McDonald’s employees.

Consider the Lily emphasizes

education to help the women secure a stable future. Third, young women who agree to be part of Consider the Lily agree to be part of a family. They do chores. They earn allowances. They attend church together on Sundays. They are family.

To get involved with this amazing group, begin by spreading the word about Consider the Lily. Readers may also donate financially. Consider the Lily is currently raising funds for the third safehouse. Consider the Lily will hold a Casino Night fundraiser on February 24th at the Kimpton Palomar Hotel in Phoenix. Tickets are available at www.considerthelily.org.

As for the future, Consider the Lily spokesperson Dasia Olivares says, “We are trusting the Lord. He is the one who has sustained our family up until this point.” Whether biological or situational, every family is sacred. The Consider the Lily family understands, and stands for that truth.



The girls at Consider the Lily are one big family.

Photo courtesy of Consider the Lily

VALLEY TEMPLE SCHEDULES

Additional Information:

- Appointments for proxy ordinances are encouraged. Patrons without appointments are also welcome, but may be asked to wait for an opportunity to participate. To schedule or modify a proxy appointment, visit your temple’s information at <https://www.churchofjesuschrist.org/temple>
- Patrons are encouraged to bring their own temple clothing.
- Ordinances for family names must be done in proper sequence—baptism, confirmation, Melchizedek Priesthood ordination (males), initiatory, endowment, and then sealing. Please allow sufficient time to perform all the ordinances you wish to complete during your visit. For additional help and information, please call the temple.
- Please contact the temple for more information or if you have special circumstances or needs.
- Temple websites can be found by searching churchofjesuschrist.org/temple

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3301 S. Greenfield Rd, Gilbert, AZ, 85297

(1) 480-822-5000

Services: Clothing rental available. No Cafeteria

Closures 2023

Saturday, 1 April 2023

Monday, 3 April 2023 - Monday, 17 April 2023

Tuesday, 4 July 2023

Saturday, 30 September 2023

Monday, 2 October 2023 - Monday, 16 October 2023

Mesa Arizona Temple

101 S. LeSueur, Mesa, AZ, 852014

(1) 480-833-1211

Services: Clothing rental available. No Cafeteria

Closures 2023

Monday, 27 February 2023 - Monday, 13 March 2023

Tuesday, 28 March 2023 - Monday, 10 April 2023

(Limited Operations)

Saturday, 1 April 2023

Tuesday, 4 July 2023

Saturday, 30 September 2023

Monday, 16 October 2023 - Monday, 30 October 2023

Phoenix Arizona Temple

5220 W. Pinnacle Peak Road, Phoenix, AZ 85310

(1) 623-474-9500

Services: No clothing or cafeteria

Closures 2023

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Tuesday, 4 July 2023

Saturday, 30 September 2023

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